

# BRAZILIAN JIU JITSU FUNDAMENTAL POSITIONS

**Closed Guard**

**Half Guard**

**Open Guard**

**Passing Guard**

**Side Control**

**Mount Position**

**Back Mount**



# CLOSED GUARD

The first guard taught to beginners because of its effectiveness at controlling balance and space. To get into this guard you need to wrap your legs around the waist and lock your feet together.

- Use legs to bump and off-balance
- walk legs up opponents back to control posture
- Effective grips, use grips to set up the next move or submission
- know when to relax in order not to gas out



# HALF GUARD

This type of guard is where you are on your side using your inside leg to hook one of your opponent's legs and using your arms as frames to block and keep space between you and your opponent.

- Maintain a good frame and hook
- Stay on side
- Always looking to replace guard



# OPEN GUARD

Your legs are unlocked and can be used to push on the hips and hook the inside/outside of the leg or arm. The open guard gives you many options to transition into sweeps and submissions.

- Focus on leg circles and hip movement
- Learn how to defend and replace guard from this position
- Hand grips with this guard are important for control
- Keep it basic



# PASSING GUARD

Guard passing can be accomplished from the knees or standing. The main focus should be on keeping good balance and posture, control over the opponent's legs and not rushing the pass. The objective is to get over, under, or around the legs of an opponent and control them.

- Always maintain Posture and Balance
- Don't rush the pass
- Stack your passes
- Control leg and hip movement



# SIDE CONTROL

It comes down to controlling space. The person on top has to combine pressure, hold control and perform tight movement to keep the opponent pinned while the individual looking for the escape is creating space to get back to a guard or turn to their knees.

## Side control Top

- Stay tight
- good movement will set up submissions
- look to advance the position

## Side control escape

- Starting point - elbows in, knee up, on side
- Combine bridge and shrimp
- 2 options: Replace guard – Go to knees





# MOUNT

Considered one of the dominant positions in the discipline because of the leverage and control you have over an opponent when on top. Look to maintain the position first with a good base, then go for the submission.

When trying to escape from this position, it is best to defend first and look to combine explosive bridge and shrimp movements to create space and get to your side.

## Mount Top

- Maintain the position
- Take advantage of opponents mistakes
- Finish with basic submissions (kimura, straight lock, cross choke)

## Mount escape

- Defend first
- Combine bridge and shrimp
- Finish the escape



# BACK MOUNT

Secure the Back position with hooks (feet) and grip control. Stay tight with an over and under grip and keep your chest glued to the opponent's back.

When escaping from this position concentrate on protecting the neck by blocking the opponent's hands and using your hip movement to break free of the hooks.

## Back Position

- Never cross your feet over the hips
- Create an angle to setup an attack
- Combine body position and grip control

## Back escapes

- Defend first
- Escape to the correct side (don't choke yourself)
- Use hip movement and legs to get rid of hooks (don't reach)





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